

## Abstract

The present invention is directed to a composition, in particular a food composition, or dietary supplementation which is active in respect to the support and/or the moderation of an alcohol degradation process within the human body. The present invention particularly addresses the problem of rapid alcohol degradation i.e. alcohol metabolism as may occur in most people of Non-Caucasian type genetic structure. In this regard, an object of the present invention is to achieve solutions which provide a reduction in the physiological stress in connection with the consumption of alcohol in particular for people with a predisposition towards rapid alcohol degradation. According to the present invention this object is attained by a food composition or dietary supplementation including the following substances:

dextrose, Vitamin C, L-glutamine  
cysteine, riboflavin, succinic acid, fumaric acid, and  
coenzyme Q10,

all substances in physiologically relevant doses in particular as disclosed.